

WHAT IS CLAIMED IS:

1. A method of treating an overweight or obese mammal said method comprising:

administering at least once daily to the overweight or obese mammal a pharmaceutical composition;

wherein said pharmaceutical composition comprises:

a zinc cation and an anion, wherein said zinc cation ranges from about 0.01 to about 1.4 mg/kg/day; and

about 0.007 to about 1.4 mg/kg/day of cyclo-Hispro.

2. The method of Claim 1 wherein said cyclo-Hispro ranges from about 0.1 to about 1 mg/kg/day.

3. The method of Claim 1 wherein said cyclo-Hispro ranges from about 0.007 to about 0.7 mg/kg/day.

4. The method of Claim 3 wherein said cyclo-Hispro ranges from about 0.07 to about 0.4 mg/kg/day.

5. The method of Claim 1 wherein said zinc cation ranges from about 0.07 to about 0.7 mg/kg/day.

6. The method of Claim 5 wherein said zinc cation ranges from about 0.1 to about 0.4 mg/kg/day.

7. The method of Claim 1 wherein said pharmaceutical composition further comprises about 0.001 to about 0.1 mg/kg/day L-histidine.

8. The method of Claim 1 wherein said pharmaceutical composition is administered two to four times daily.

9. The method of Claim 1 wherein said pharmaceutical composition is formulated into a food or food supplement.

10. The method of Claim 1 wherein said treatment is also for hypertension and/or high cholesterol.

11. The method of Claim 1 wherein the cyclo-Hispro is obtained from a soybean protein hydrolysate enriched for cyclo-Hispro.

12. The method of Claim 11 wherein the hydrolysate has been prepared by a process comprising:

hydrolyzing soybean protein into soybean protein hydrolysate using either acid or alkaline hydrolysis; and

refluxing the soybean protein hydrolysate in the presence of an alcohol/carbonate mixture.

13. The method of Claim 12 wherein the alcohol/carbonate mixture is EtOH/KHCO₃.

14. A method of treating an overweight or obese mammal, said method comprising:

administering at least once daily to the overweight or obese mammal a pharmaceutical composition;

wherein said pharmaceutical composition comprises

a zinc cation and anion, wherein said zinc cation ranges from about 0.01 to about 1.4 mg/kg/day; and

about 0.01 to about 14 mg/kg/day of arachidonic acid.

15. The method of Claim 14 wherein said arachidonic acid ranges from about 0.14 to about 10 mg/kg/day.

16. The method of Claim 15 wherein said arachidonic acid ranges from 0.3 to about 6 mg/kg/day.

17. The method of Claim 16 wherein said arachidonic acid ranges from about 0.7 to about 4.3 mg/kg/day.

18. The method of Claim 17 wherein said arachidonic acid is about 1.7 mg/kg/day.

19. The method of Claim 14 wherein said zinc cation ranges from about 0.07 to about 0.7 mg/kg/day.

20. The method of Claim 14 wherein said pharmaceutical composition further comprises about 0.001 to about 0.1 mg/kg/day L-histidine.

21. The method of Claim 14 wherein said treatment is also for hypertension and/or high cholesterol.

22. The method of Claim 14 wherein said pharmaceutical composition is administered two to four times daily.

23. The method of Claim 14 wherein said pharmaceutical composition is formulated into a food or food supplement.